

September & October 2016

Bell House Activities

Meeting at Carver Center

September & October

Monday Club - 11:30 am

Noon - Program

Art Class - 9 am, Tuesday

Piano Lessons -

8:30 am - 1:30 pm - Tuesday

12:30 - 2:00 pm - Wednesday

8:30 am - 12:30 pm - Thursday

**Bell House Troubadours
Choral Group** -

Tuesday, 10 - 11 am

Chair Yoga -

2 pm, Tuesday & Thursday

Bodies in Balance -

9:30 am, Wednesday

September, October Classes @

Charles Young Center

Bridge -

9:00 am - 12:00 pm, Wednesday

Resumes at Bell House in Nov.

**Bell House Beaus &
Belles Hand Bell Group** -

10 am, Thursday

Ceramics -

10 am & 1 pm, Thursday

Advanced Line Dance -

9 am, Friday

Intermediate Line Dance

10:30 am, Friday

Bridge - 12 pm, Friday

Resumes @ Bell House in Nov.

Strider's Walking Club

Fayette Mall Food Court

9:30 - 10:30 am, Wednesday

September 14 & October 12

AARP Driver Safety -

11:30 am - 4:00 pm

November 9

Water Fitness -

Tates Creek - Mon - Fri.

2 to 3 pm

Last Day - Friday, Sept. 2

Beaumont YMCA

Tues. & Thurs. 9 to 10 am

September 13 - December 15

North YMCA - Loudon Avenue

Wed. & Fri. 1 to 2 pm

September 14 - December 16

Parks & Recreation

Senior News

September & October 2016

**PARKS
& RECREATION
LEXINGTON, KY**

SENIOR ADULT PROGRAMS

Programs offered by Parks & Recreation strive to keep seniors active and healthy through recreational and social activities.

Classes for senior adults, 60 and older offered at the Bell House are FREE.

Benefits of Leisure Activities for Senior Adults

Socialization through classes/activities/travel

Creative Expression opportunities through classes/activities

Improved physical well being through exercise/walking programs

Develop sportsmanship for cards and other games with rules

Volunteer opportunities available

Travel Experiences (in local area, by van, by motor coach, within country and out of the country) for individuals and groups to see sights and enjoy locations and fellow travelers

*****SAVE YOUR NON-RECYCLABLE CAPS & LIDS*****

We have acquired our bench made from non-recyclable caps & lids. It is a very sturdy bench and located on the back porch of the Bell House. We are continuing to collect caps & lids for another project in the future. Thanks to all the senior adults and outside groups that helped us with this unique project. Since these caps & lids are non-recyclable and would just take up space in the landfill, why not help out by collecting these items for us.? A list of acceptable caps & lids is available upon request.

*****WATER FITNESS*****

Summer Water Fitness at Bates Creek Pool will end on Friday, September 2. Fall Water Fitness classes will resume at the Beaumont YMCA on Tuesday and Thursday from 9:00 to 10:00 am starting September 13 through December 15; North YMCA on Loudon Avenue classes will be on Wednesday and Friday from 1:00 to 2:00 pm starting September 14 through December 16. Water Fitness is great exercise without putting undue strain on your body while working with the extra resistance the water provides. The fellowship is great too.

Bell House

545 Sayre Avenue
Lexington, KY 40508

Martha McFarland

859-233-0986

mmcfarla@lexingtonky.gov

Recreation Office

545 N. Upper St.

Lexington, KY 40508

859-288-2900

www.lexingtonky.gov/parks

Mission

Statement

To provide high quality park land, facilities, open space and to efficiently facilitate programs, events and services, promote wellness and quality of life for all.

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Parks & Recreation

Updated Trip/Travel Policy

If you haven't complete an Individual Registration Form for 2016, please do so ASAP. It is important that we have the most current medical information about you on file for your safety at our facilities and on the trips. The form is mandatory before you can participate in our trips. A completed form also keeps your name on our mailing list. If you need a form, have questions or need more information please email mmcfarla@lexingtonky.gov. or call 859-233-0986.

Extended Trips

December 6-8 -French Lick Resort & Casino - \$450 double occupancy - limited space available

2017

April 20-May 2 - Spain & Portugal - \$4370 double or triple occupancy

Additional extended trips for 2017 are in the planning stages. If you have a suggestion, please let us know. We are always open for new and exciting places to travel.

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Lexington Senior Center

1530 Nicholasville Road @ 278-6072

Contact Martha Duncan for LSC Activities.

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Day Trips

The following day trips are scheduled for the rest of the year. Others will be added as the details are confirmed. Trip itineraries not included in this newsletter are available upon request.

~Wednesday, September 28 -

Hallelujah Girls @ Derby Dinner - \$60
(Limited space available.)

~Thursday, October 27 - **Million Dollar Quartet @ LaComedia - \$70**
(This performance is amazing. We were privileged to enjoy this show on the Wisconsin Dells trip.)

~November 15-18 , 2016

20th Annual Trip to Tennessee -
\$400 per person/double occupancy
\$450 per person/single occupancy

~Tuesday, November 29 - **Honky Tonk Angels @ Derby Dinner - \$60**

Payment for Trips -Checks or money orders should be payable to Bluegrass Senior Citizens.

***Trip Departure Location Change**

Parks & Recreation Trips will now depart from Picadome (Parks & Recreation Administrative Offices) @ 469 Parkway Drive - off South Broadway/Harrodsburg Road (turn between Lexington Clinic & The Campbell House where swimming pool & golf course are located.)

Parks & Recreation

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Bell House Programs @ Carver Center

522 Patterson Street

Our activities and classes have adjusted well to the temporary move. We enjoy the new parking lot as well as the large and specialty rooms for the classes and activities. Many of the seniors have visited the temporary location and are pleased. If you haven't been to the Carver Center yet, what are you waiting for? We miss seeing your smiling face and hope our paths will cross again soon.

AARP Driver Safety Course

is the nation's first and largest classroom refresher course designed especially for drivers 50 and over. Your insurance company may give you a discount on your vehicle insurance once you have completed the class. For your convenience, we have scheduled the following Wednesday session at the Bell House: **Wednesday, 11/9 @ 11:30 am to 4:00 pm.** You only need to signup for one session. Pack a sandwich and join us. Price is \$15 for AARP members and \$20 for non-members - payable to AARP on the day of class. Call Bell House @ 233-0986 or 402-3118 for more information and to signup. (The next class is scheduled for March 8, 2017.)

BELL HOUSE MONDAY CLUB

Non-member Reservations required for all provided luncheons.

Meetings @ Carver Center in September

Monday, September 5 - Labor Day Holiday - Bell House will be closed!

Monday, September 12 - Bring a sack lunch and hear an informative talk about How Money Works by Bill Sanders.

Monday, September 19 - Bring a sack lunch and enjoy musical performance on "Folk Music fro British Isles" by Loren Tice & Lee Patrick.

Monday, September 26 - Hot Buffet luncheon provided by The Lantern @ Morning Pointe. Bring a food donation for the Salvation Army. September Birthdays will be celebrated.

Meetings @ Carver Center in October

Monday, October 3 - Bring a sack lunch and enjoy a program TBA.

Monday, October 10 - Bring a sack lunch and enjoy an entertaining show by The Hawaiian Tutus featuring Marg Carby.

Monday, October 17 - Bring a sack lunch & hear an information talk from Brookdale RP on specifics of Levels of Care.

Monday, October 24 - Bring a sack lunch and enjoy a performance by OLLI of "From the Page to the Stage."

Monday, October 31 - Halloween Party/Potluck-Bring your favorite Halloween treat to share with the group - spiced pumpkins seeds, dragon eggs, eye of newt, batwings, spooky spider snacks, mummy toes to give you some ideas. Wear your costume or funny face for the parade and to be judged. October birthdays celebrated.